Claims

1. A fixing element consisting of plastic and with a foot part (4) [sic; (3)] for insertion into an oblong hole (4) of a carrier plate, which foot part (3) consists of a head (5) corresponding to the edge (6) of the oblong hole and of a shaft (7) adapted to the width of the oblong hole (4), which fixing element can be locked in the oblong hole (4) after the insertion of the head (5) by a quarter turn under elastic deformation of the shaft (7), which shaft (7) consists of a middle strut (10) connecting the head (5) to the fixing element, which strut has the width of the oblong hole (4) and on each of the two edges (11) of which a shank (12) is formed at a right angle and in opposite directions in such a manner that they are elastically bent towards the middle strut (10) during the screwing in of the shaft (7) through the edge (6) of the oblong hole and after a quarter turn they rise back up again into their original position as a consequence of the elastic return force of the plastic and thus oppose a rotation in the opposite direction, characterized in that the head (5) comprises pressing ramps (8) on its two outer ends that extend during screwing in over the edge (6) of the oblong hole and that other shanks (13) are formed on the free ends of the shanks (12).

2. The fixing element according to Claim 1, characterized in that the other shanks (13) are aligned parallel to the middle strut (10) and have the length of the middle strut (10).

3. The fixing element according to Claim 2, characterized in that shoulders (14) running away from each other again in opposite directions are present on the free ends of the other shanks (13) whose projecting height (h) is equal to the interval (a) between the middle strut (10) and the other shanks (13) running parallel to it.

4. A fixing element consisting of plastic and with a foot part (3) for insertion into an oblong hole (4) of a carrier plate, which foot part (4) [sic; (3)] consists of a head (5) corresponding to the edge (6) of the oblong hole and of a shaft (7) adapted to the width of the oblong hole (4), which fixing element can be locked in the oblong hole (4) after the insertion of the head (5) by a quarter turn under elastic deformation of the shaft (7), which shaft (7) consists of a middle strut (10) connecting the head (5) to the fixing element, which strut has the width of the oblong hole (4) and on each of the two edges (11) of which a shank (12) is formed at a right angle and in opposite directions in such a manner that they are elastically bent towards the middle strut (10) during the screwing in of the shaft (7) through the edge (6) of the oblong hole and after a quarter turn they rise back up again into their original position as a consequence of the elastic return force of the plastic and thus oppose a rotation in the opposite direction, characterized in that the head (5) comprises pressing ramps (8) on its two outer ends that extend during screwing in over the edge (6) of the oblong hole and that a countershank (18) is formed on each of the two edges (11) of the middle strut (10) in opposite directions.

5. The fixing element according to Claim 4, characterized in that the interval (A) of the two shanks (12) and of countershanks (18) projecting at right angles corresponds to the width (B) of the oblong hole (4) and that each countershank (18) is approximately twice as thick as the associated, elastically deformable shank (12).